



TAGORE INTERNATIONAL SCHOOL

VASANT VIHAR

INVITES ALL ITS

STAFF MEMBERS

TO A WEBINAR ON

“HEALTH & WELLNESS”

@11:00 A.M.ON 22ND JUNE,2020 (MONDAY)

Our Expert Panelists



Ms. Smita Nanda

Registered
Dietician and
Nutrition
Consultant

Ms. Gita Gupta

Wellness Coach,
Holistic Healing
Therapist, and Trainer
in alternate medicine

Dr Jitendra Nagpal

DNB, MD, MBBS
Senior Consultant,
Mental Health

Ms. Manasi Vasan

Fitness Expert
& Founder of
Dance Made Easy

Session 1

11:00 a.m.
To
11:30 a.m.

Session 2

11:30 a.m.
To
12:00 noon

Session 3

12:00 noon
To
12:30 p.m.

Session 4

12:30 p.m.
To
1:00 p.m.